- **Being is the first cause, thought follows. First true thought is always an inner feeling.**
- **Hope is the fastest way to flip group consciousness based on fear (energy not created or destroyed but can be transmuted). Any situation that presents itself, does it provide hope? If yes then do it no questions asked.**
- **Practice love with the mind (comfort and appreciate) and body (focus on to heal).**
- **Three dimensional being: Only when the body and mind are quiet (still) can the third part be felt. Be still, be with God.**
- **Whatever situation it is, just try it. The 'problem' is always presented with the solution. Wait for the moment to come, do not anticipate it.**
- **Target is to increase molecule spin (or life energy) to the highest level. Compression of the inner body will reduce molecule size and volume, significantly increasing spin and vibrating the entire body.**
- **All thought is simply non-physical data from the body that the mind can choose to convert to artificial feelings. True feelings come from the Self / Inner Body / Heart, these will be felt regardless.**
- **Universe will always give you what you ask; in body language, not words. Whatever it is, just do it; you will have help.**
- **Every thought is a memory of God (before you ask). To create. Remember Self doing target objectives. In other words, visualise as others have taught.**
- **Everyday behaviour of auto-piloted (re-active) individuals: This is a back and forth between group consciousness and Self within them. The distorted group consciousness is responsible for all their fear based reactions, therefore immediately overlook ('forgive') to support the divinity within them. These are not their words and actions but that sponsored by the group as a whole speaking through their unconscious bodies.**
- **Overlooking group / fear based actions shrinks and weakens its overall impact on us.**
- **Again, all are guiltless. Life is a process of consciously taking control of the body away from group and towards divinity; tilting it from one side to another as your consciousness develops and you take more control over your actions. Ultimately, full control will be attained including control over breath and all body functions. Heart always remains with the Self.**

‘I am never not with you’

- **Individual consciousness oscillates between the Illusory Group and True Self realities. Process of evolution is consciously moving from being controlled by the former to the realization of the latter.**
- **Life principles:**
  - **Replace propriety with effectiveness**
  - **Replace punishment with teaching**
  - **Replace owning with sharing**
  - **Replace commonality with individuality**
  - **Collect as many joyful experiences as possible**
- **Each body is an illusory re-creation of the Self expressing itself in a multitude of forms. Focus on the body to create. Focus on thoughts to recreate or re enact in a manner similar to previous experiences (hence stall evolution).**
- **Another way of looking at being present: drop all expectations. You can’t experience divinity if you are expecting something specific. This expectation, based on past or teachings, causes you to prejudge any experience and takes your mind out of the present moment (the only true reality there is). In short, if you are not focused then you are experiencing an illusion of your own making and not unobjective reality.**
- **Self = Nafs (ironically also meaning breath: Nafas)**
  Maximize volume of breath (truth) in body (feelings/present) to clear mind’s (thoughts/past prejudgement) distortions.
- **Big Self is expressed at the top of inhale (maximum breath), little self at breathing out.**
- **Focusing (mind) on breath (body) to the heart (Self) connects all three beings.**
- **Universe response to your every thought, word and action:**

  I agree and will help you make that a reality.
- **Meditation breathwork pulling sets comparison to childbirth:**
  Consistent and relaxed breathwork upwards from the root to the fontenelle (reverse of childbirth in which breathwork is focused downwards) raises Self from the physical back to ultimate reality (reverse of soul entering the physical world or ‘breathing life into’ children: ‘I have sent you nothing but angels’).

- **Unconsciousness is simply auto-piloted individuals 'just sitting there' attracting experiences with our mind's point of focus. Slow down to see what's happening.**
- **Species as a whole represent your backward and forward sequence line; impacting anyone would impact your personal mosaic sequence line.**
- **We are all co-creating with one another our experiences, this is inevitable as the spin of the earth insulates and combines our co-created experience. Personal experience can also be insulated through meditation which increases the spin of molecules.**

Behavioral Characteristics Driven by emotions (uncontrolled/controlled) which fixate point of focus	
Group Reactionary Self (Group Consciousness)	**True Creationary Self (God Consciousness)**
Untruthful	**Truthful**
Dramatic	**Awareness provides clarity and reason**
Depreciative of self or others	**Appreciative of everything**
Fearful	**Loving**
Concerned	**Joyful**
- **Evolution is the process of attaining and retaining control of the body away from group reactionary auto-piloted responses and towards true individuated creative actions.** - **Meditation (through molecule spin) clears distorting thoughts that are the base of the left column (everything being driven by fear from those that believe they are only a single individual separated body).**	

- **Beingness: Mental states of mind reproduce themselves in physical form.**
- **True love: Desire to give everything and want nothing in return.**
    - **Ironically, giving away will cause you to expand (meta-physically) despite short term physical appearances. Over the long term you will also expand physically as there is only one.**
- **We do not live in an 'either/or' reality, ours is a 'both/and' reality.**
- **True / Ultimate reality is the meta-physical dimension where the Self resides. This dimension is what we refer to as anti-matter from the perspective of the physical**

dimension. The Self is 'made' of this, everything in life is made of this. This is the creator and that which is created by and from. We all have a 'black hole' inside of us; focus on your heart.

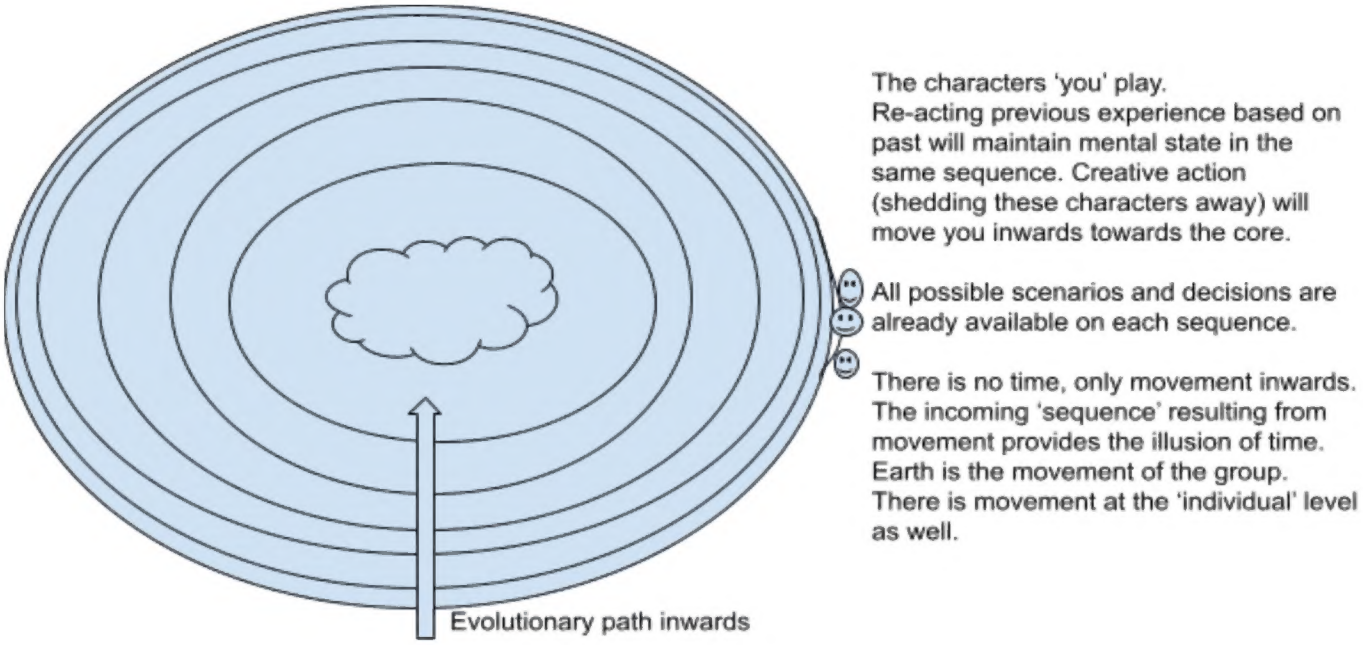
- **Another word that can be used for chakras is portals. Intense focus on any one of those centers will 'take' you to clarity (or ultimate reality) once focal point mastery has been reached (consciousness / awareness expanded).**
- **The greater the power, the greater the responsibility. This can be reversed: the greater the responsibility (for example taking responsibility for all humans), the greater the power (to manifest desired change).**
- **Heal through meditation and focus on the heart. Simply moving from subconscious healing which takes significantly longer (example a few days for a cold) to conscious action (an hour or so). Eventually, fully conscious beings should not be getting 'sick' in any way; incorrect sponsoring thoughts have been observed and recognised.**
- **All pain is the mind complaining about what happened (past). Prolonged inner body focus on what is considered painful will eliminate any perceived physical (illusion will be revealed) and non-physical (movement to present reality cuts the mind's tether to the past) symptoms.**
- **Ultimate goal: Thought control. Only when you slow down (meditating over prolonged periods) will you be able to observe the reduced volume of thoughts and stop placing them in front of the Self (this actually happens meta-physically) which alters action.**
- **Relativity is based on limited perception. In truth there is no relativity, only different conditions; e.g. hot water and cold water are not opposites, it is the same water in different conditions.**
- **Truth is defined as the observable conditions <u>right now</u>. It is what it is, not good or bad; these are personal judgements, set them aside to widen your perspective and everything will change.**
- **Everything observed is in the past; light is significantly slower than thought. We are all simply grabbing at memories and re-living them through focus. Therefore, consciously choose which memories you wish to re-live (focus on).**

- **Inner body:**

  Using breath to focus mind on

  Maximising expansion of body volume within to

  Develop and grow Self through faster vibrations throughout.
- **Thoughts are distorted perceptions attaching themselves to the present moment**
- **Observe the present moment, or Now, as a sequence that is continuously presenting itself and forget traditional timeline thinking.**


The characters 'you' play.
Re-acting previous experience based on past will maintain mental state in the same sequence. Creative action (shedding these characters away) will move you inwards towards the core.
All possible scenarios and decisions are already available on each sequence.
There is no time, only movement inwards. The incoming 'sequence' resulting from movement provides the illusion of time. Earth is the movement of the group. There is movement at the 'individual' level as well.
Evolutionary path inwards

- **Original state is first thought. Remove all distortions from the past attaching themselves to the present moment to observe true nature. God is first thought (usually in the form of feeling), this is followed by self-created distortions at the human level.**
- **Conceptually, it will help to think multi-dimensionally:**

  You are the present moment (inner body vibrations); God's first thought.

  Remove the past and future attachments (thoughts vibrating around and gravitated by the mind); our imaginations.

The above helps conceptualize that there is nothing but the present moment. Go back there, back to true reality and away from individualized imaginations.

Self	Mind	Body
Vibrating Space Background Antimatter Felt by inner body; inner feelings Energy expands; the closest word is love acknowledging no separation.	Conscious or unconscious point of focus will decide which thoughts are attracted. Thoughts gathered are imagined as Self	Foreground matter Constructed by thoughts of the mind Felt by outer senses Energy contracts; the closest word is fear imagining separation.

- You are a sectioned conscious and individualized energy source with a bunch of thought 'stuck' to it. The mind pulls thoughts to it, defining itSelf in the process. This includes the construction or reconstruction of the body, which is the physical part of the atom.
- The atom is made of pure thought.
- Going within (focusing on the inner body) will direct attention towards the space between the atom. This is what holds everything together, the space between. Focus will be on the background space, widening one's perspective to observe the foreground matter 'stuck' to it.
- 'Fear' based energy / negative thought causes an accumulation of electrons, masking the true natural state. Our true essence is 'love', the energy that expands and never stops multiplying unless restricted by the unconscious Self.
- Either one of these energies is spread by everyone and everything all the time. If you observe closely there are only two types of individuals; ones that spread calm (love) or ones that spread concern (fear).
- Meditating increases the spin of the particles, clearing the space between from the thought of mind. The more space is cleared, the more the Self is revealed.
- At the individual level, each being can be considered to be a superstring in the body of God. Strings vibrating in concert with one another will expand the atom, 'evolving' in the process. The opposite is also true, reflecting the current state of our planet.
- 'Life energy' or 'Chi' refers to the controllable vibrational frequency and spin of the superstrings in our body. This energy can be raised, this is the purpose of all of life.
- Physical movement is reduced with increased particle spin; the more evolved the being, group or planet the less will be its physical movement. Eventually there will be no movement at all, at which point it will become a gravitational source.

- **Point of no movement: Infinity / Present Moment / Heaven / God.**
  No movement = no illusion, similar to a helicopter blade that has stopped spinning.
- **Life is a process of you exploring different aspects / parts of yourself:**
  - **Any exterior alterations made will be felt in the interior, eventually.**
  - **Any interior alterations made will be observed in the exterior, eventually.**

Point of focus dictates direction of movement through Space (more accurately through the body of God). What we call Space is not empty but only seems that way to those with limited perception (non-physical aspect) and species with limited technology (physical aspect). Time does not move autonomously but is a measurement of our movement through 'Space'. Everything already exists now, we are only *choosing* to experience it in sequence. Each individual consciously (or unconsciously) creates a sequential image of the cumulative Self with each heartbeat.

- **Focus on the heart will move non-physical self towards God or Ultimate reality**
- **Focus on the individual body / present moment will move non-physical self towards present physical reality (God's body as there is nothing but God here)**
- **Focus on thoughts of the mind will move non-physical self towards a distorted and highly limited perception of current reality (everything from colors to people's facial expressions are different). One will do well to remember that when you are focusing on physical matter in front of you, you are only seeing 1% of the total picture. Simple physics proves this currently.**